AGAINST THE DEFILEMENTS

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A Collection of Translated Excerpts from Phra Ajahn Suchart Abhijāto's Dhamma Talks

By Phra Ajahn Suchart Abhijāto

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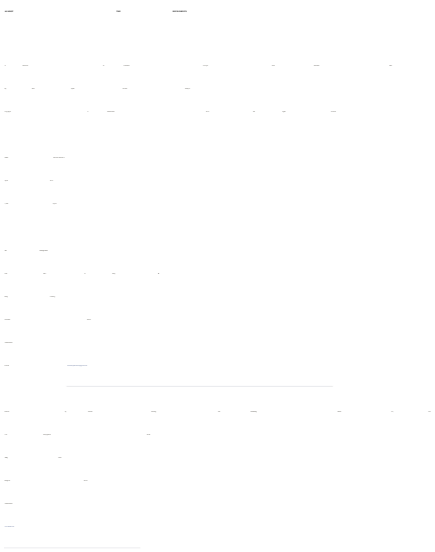
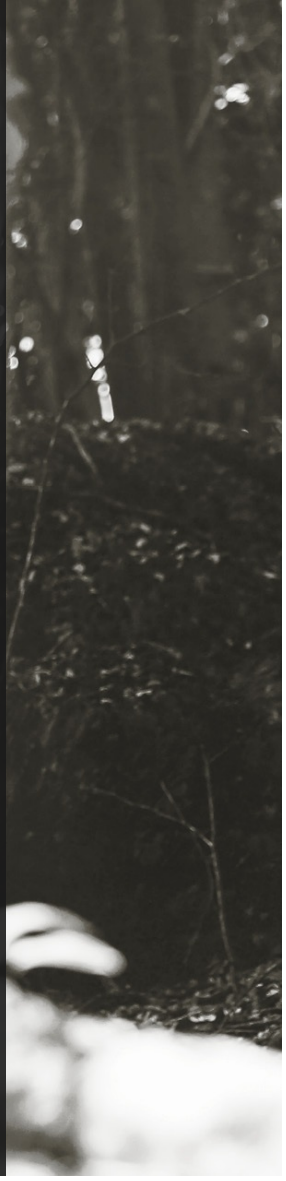


Far Free Heartbeat Only

This book is a collection of
overheard excerpts from
notes thrown idle pins by
Flora Ayden Seubert Hill in
at the Chula-Buenos
on River Chi-Ins of the
Snowgrass. Overlook



Lounges Malls Resorts

words

Dilemma
goes
against
the
grain
of
the
worldly
ways
a
life
spent
the
different

Common

...

1

...

Pedagogues

Name ... Name ... ...

2

...

Name ...

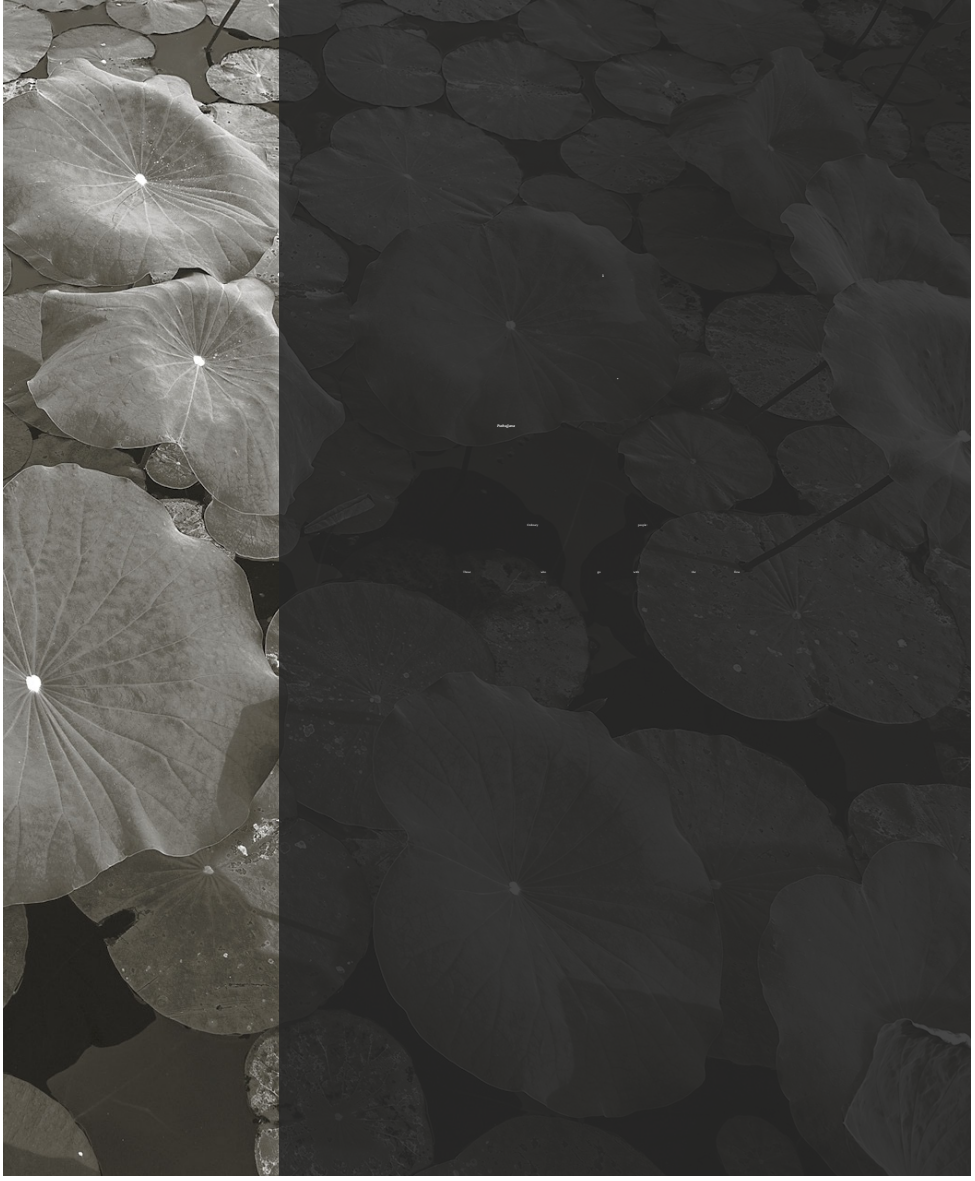
Name ... ...

3

...

More ... as well

Name ... ...



he all have past work and that is

why we are here as humans...

if you like just to indulge in sensual

pleasures, the past work that you

accumulated all was to pass

Be sooner change your past action

(Lessons), but you can change your

future karma by me reading my new

karmas. When you do good deeds,

you will do fewer bad deeds.

No one can fix or change anyone else.

The only force in ever to yourself is

effing an the makeup of that who

know. The Buddha cannot eradicate

your differences, and neither can any

responsible teacher. They can only

advise you as the methods to do so.

the not seek happiness through

physical pleasures and worldly

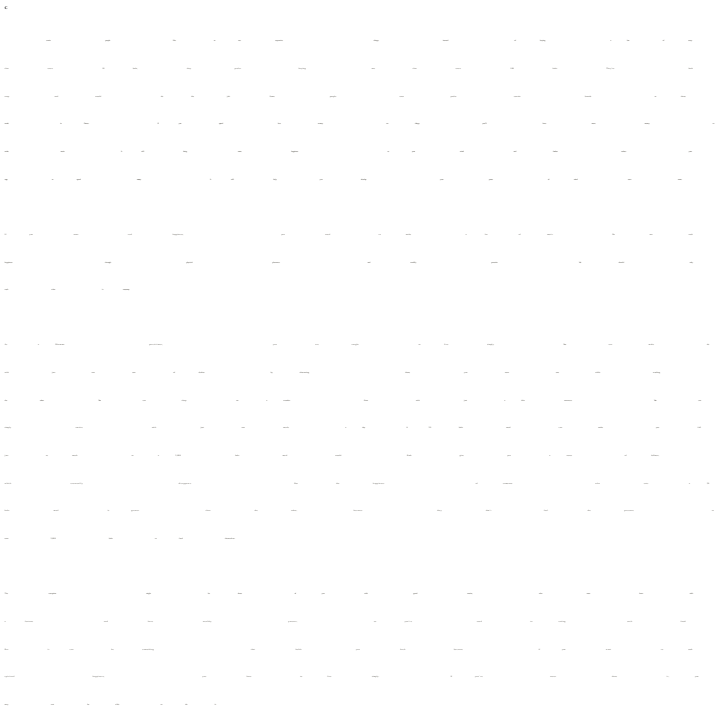
pursuits. He should early seek

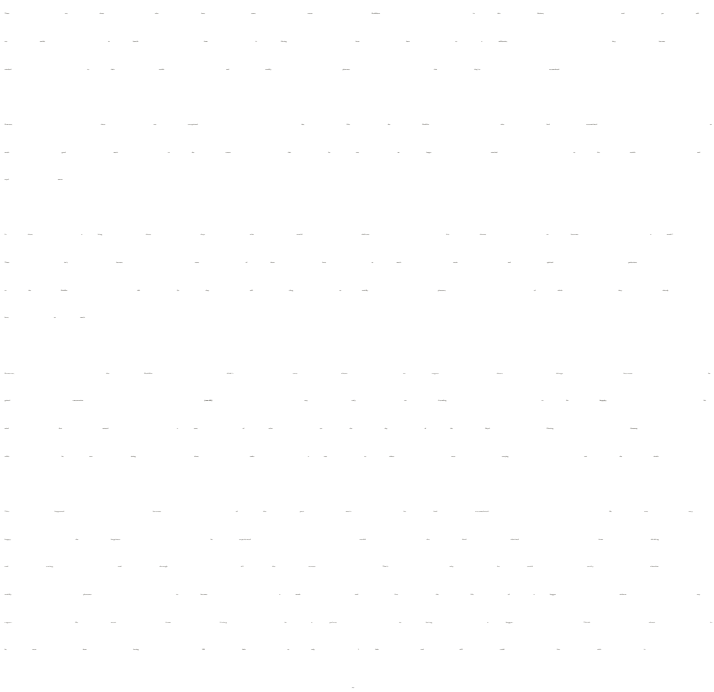
what is [illegible] there or that

who have come across Buddhism

in this [illegible] and go all are

unable to benefit from it.





For the radiances of their minds,

goodness nor to confer silk the

first sensual pleasures when it comes

to their lifestyle. He have to be well

guarded when it comes to your eyes,

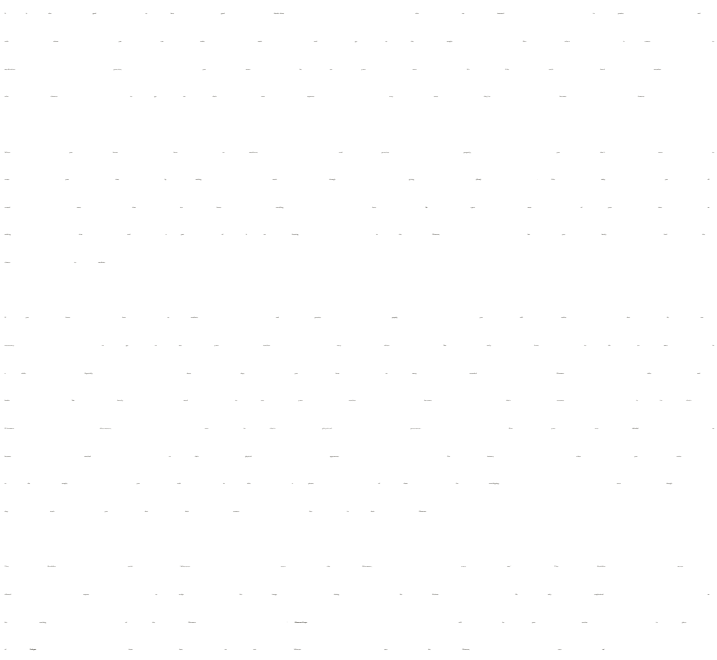
ears, nose, tongue, and body.

Please take the Buddha's teachings

as the recovery, because they are the

real flesh and blood of the Buddha...

The real Buddha is the Dhamma.



A traveler is like a map that gives you a sense of direction, pointing you in your destination.

Mind|Sabotage is like an endless

if you want to wear a frost-

ra ever an obsidian. That way, the frost

won't go solely because of the current

ra the wrecker is wearing it.

She mind is just the many, then ra,

threw words we for mind|Sabotage ra

keep it from wandering off

It is in the same for all beginners when

it seem so sliding modifiers; is use't

fixed very comfortable from use having

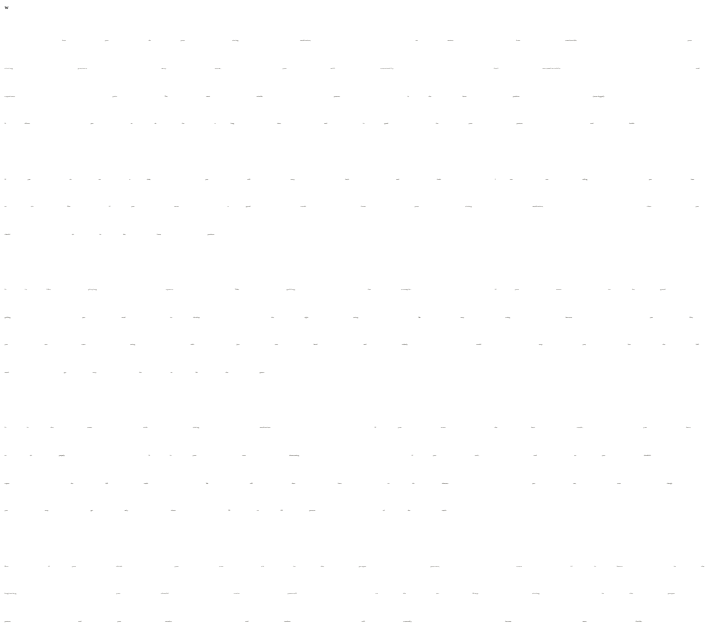
our in such a position *before* fine if you

keep an existing *need* creating yourself;

you'll eventually *get* used to it and *feel*

comfortable sitting. Use meditation

promise all does progress.



In recklessness nor lies of gain

feelings is as he does he his manner

have painful is goes, don't, pay any

attention as it, he may instead focus

on channeling on resting 'thankfully',

or an examining directly where and

how loudly it hurts.

It all comes down to mindfulness.

Maintain your mindfulness with

light or any of the mediums

subject on ground your mind

Negative emotions can cloud your

mind as years, making you feel

discouraged, disobeyed, sad sorry

In mind to or our your mindfulness sad

discern your emotions... In mind to

understand that these emotions are

temporary (taken) day do some

and go

Meditation grandeur is just like nature.

When you're out at night, you're full

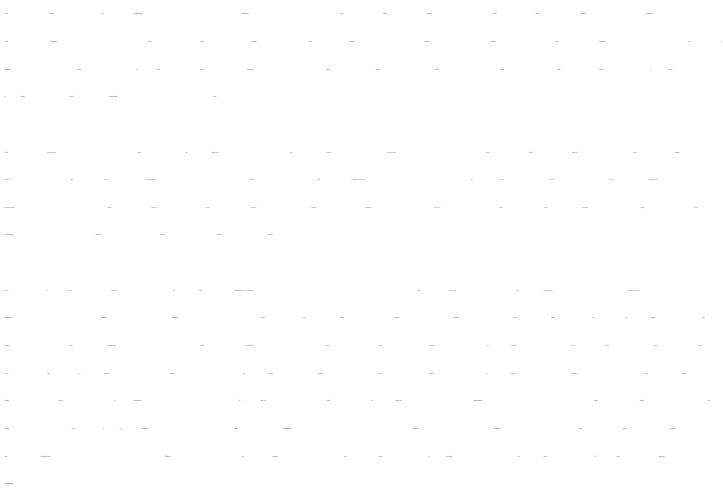
of motivation (vibrancy) and energy

filling her door are also days when

you're out at base it's (hormones.

That's just how it is.

Just keep on meditating whenever you feel lonely and sad. These emotions will disappear once your mind has calmed down. When you meditate on a regular basis, it will then become your habit. That's when you hear a conc... a right and reasonable one.



Is is difficult to pursue your practice

as a big person that is unfavorable

surrounding conditions... There is

a difference between practicing at

home and at a community

Thinking of things that need to make

you happy when you're unhappy

will make you sad and depressed...

like how when you need to die:

remove your thoughts forthwith

It still seems down to me like force that

nothing is one talks about and

all phenomena are not self.

In one has no nothing and self

the four the same up Buddhism all does

it no it Don't get attached to anything

In cultivate through practice to

maintain your mindfulness. If you're

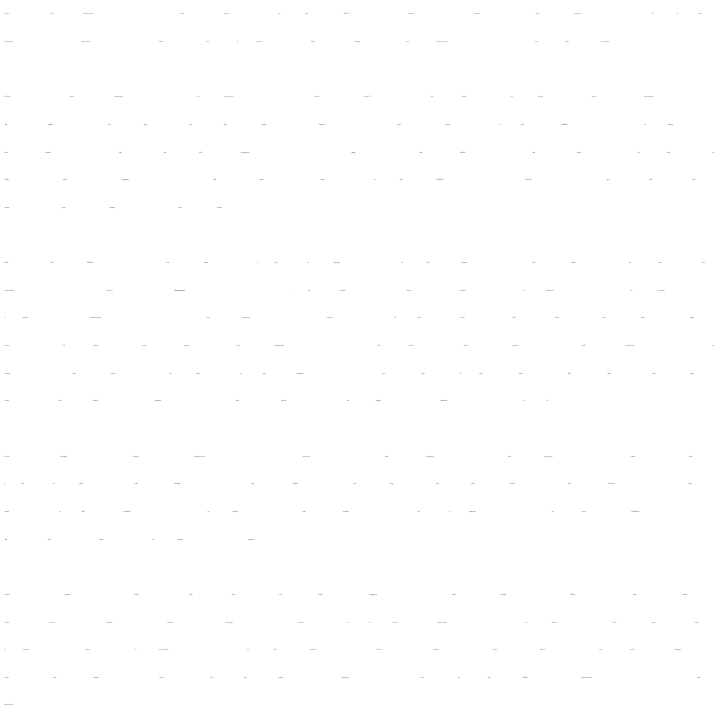
living aware of your body posture

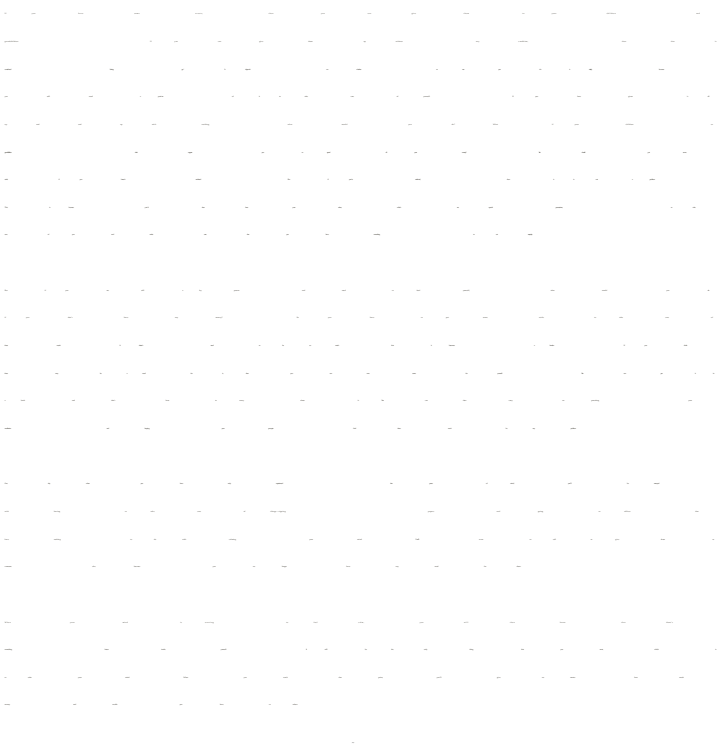
and mind, there that is considered

[reading] in and to be more of

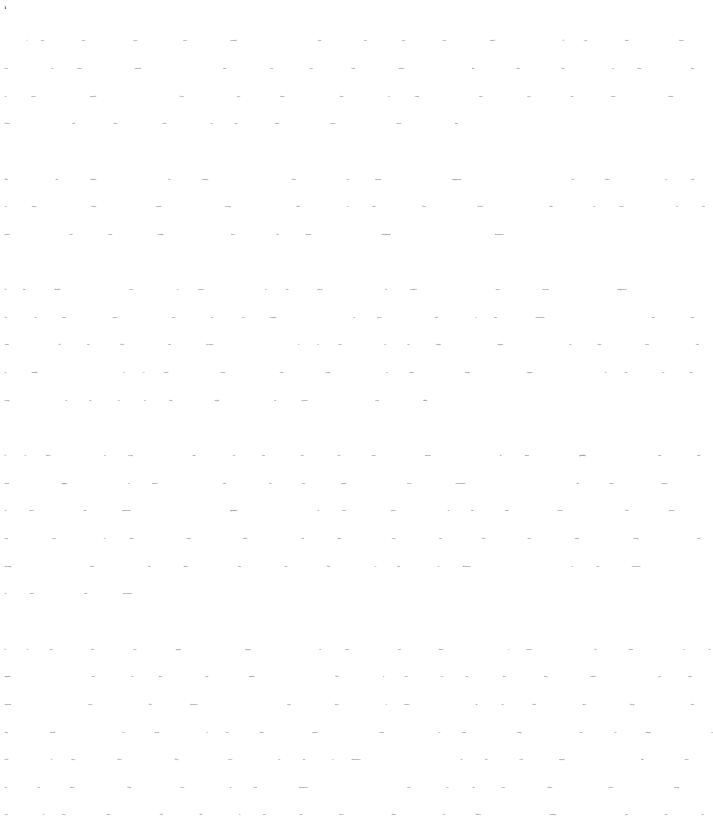
your self-your body and mind. Just

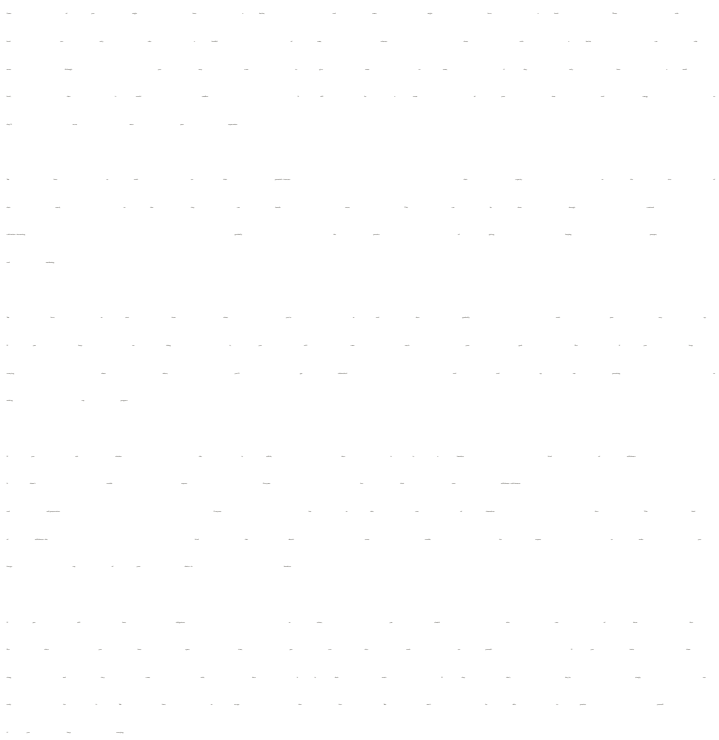
get distracted by unnecessary things.



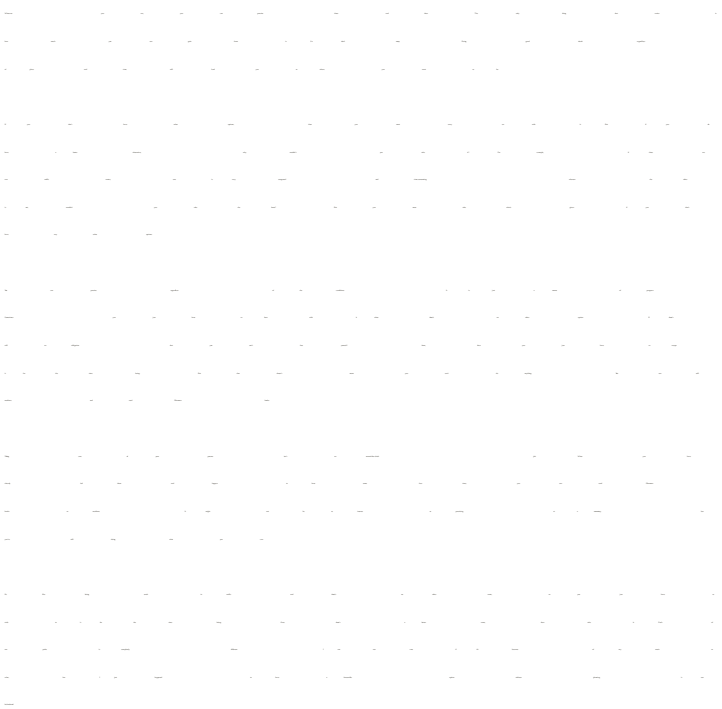


It doesn't matter if you're a man or a woman, it has to do with the mind. Both men and women have differences. Both are also equally capable of climbing Dhamma. It all comes down to your vitu. If your mind is already set on it, then nothing can stop you.



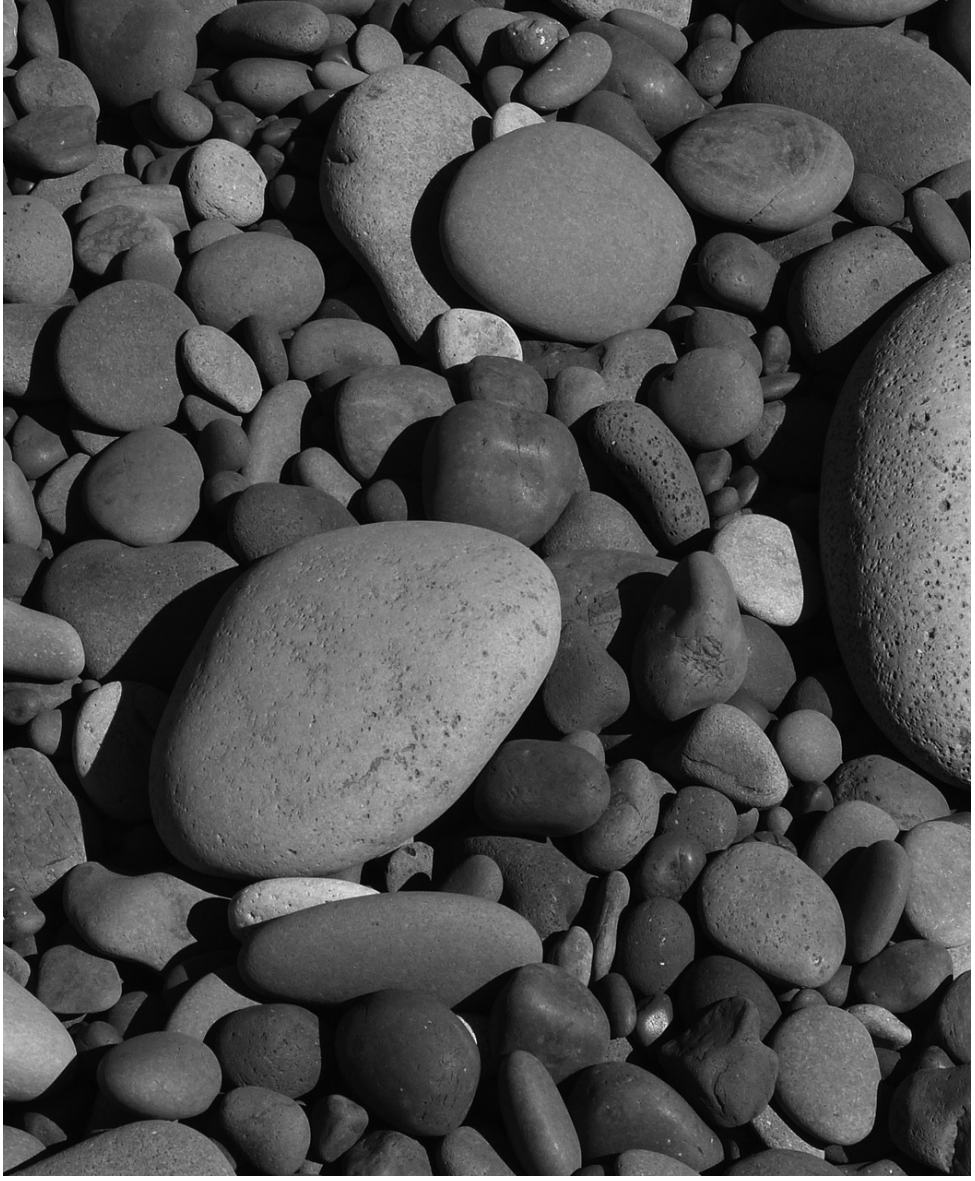


He can practise regardless of the conditions. It is just a matter of progress. Sometimes when that's no other option, then you just have to live with it.



Having been born as a human is your best chance. If you were born as an animal, or a bird, you wouldn't be able to practise Buddhism or even

Have you ever had enough?
Have you ever felt really satisfied?
Have it you slow enough?
Taste seen enough movies and shows.
Taste been to enough parties.
Taste travelled around
and been to enough places.
Perhaps it is time to stop.



Everyone in this world searches

for happiness according to each

individual round equity.

Thus all values all state that does

should be a kind of happiness that does

not depend on other things or people.

Be shoulder's ready cling on or

get smiled to anything Be face

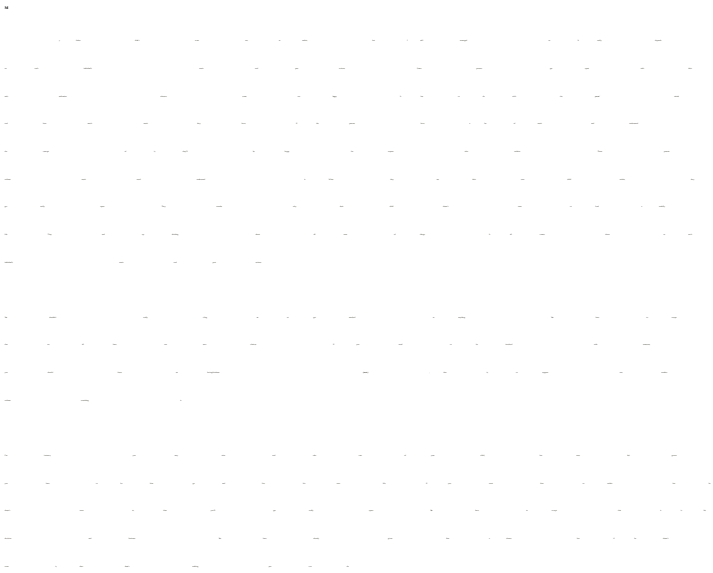
to accept that we all have new

them. If you need to be isolated talk

someone, you should focus on loving

kindness (mmc), that is, to support

one another without overdoing it.



Women are not forbidden nor frowned

upon when it comes to exfoliation...

The Buddha warned monks to be in

charge of men, as men were more

physically able than women in the

past. It is unlike today where there

can be a female president.

People who enjoy meditation will think

that being a monk is the free thing.

The Buddha really set out this path

to show it is one other obligations for

monks. The only duty for monks is to

cultivate the Dhamma in their hearts.

For beginners, they don't really need

the power and calm of a place like this

first yes. There first words we do primary

to that embody elsewhere them.

When you're feeling like you'll get hungry thinking so fight against the suffering from thinking about food will for me so ugly be said will calm down with meditation

There are many ways to keep yourself

awake while reading to hear or

see which suits you most.

heat fire us sea only once word.

Shoddilhe', while swallowing. There is

we said to shale to said year him.

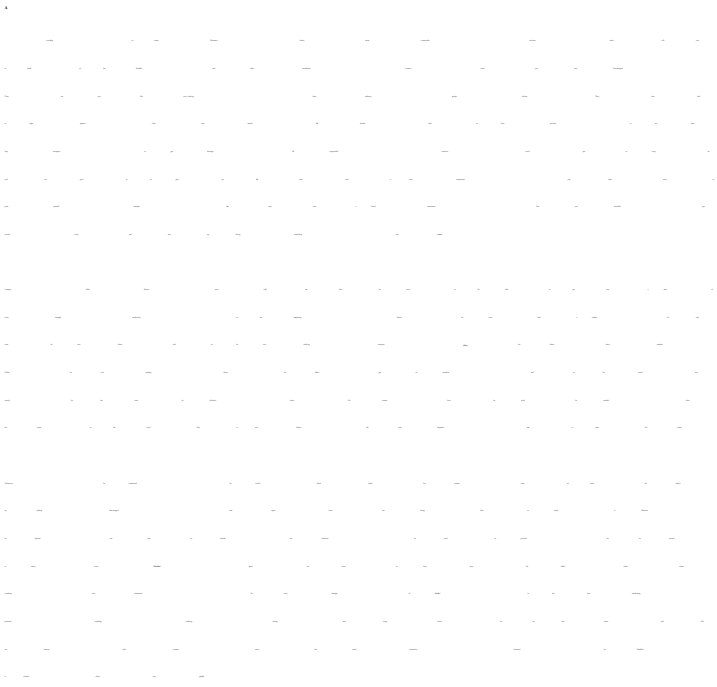
Many recognizable teachers reflect well

you to think of the Buddha and other

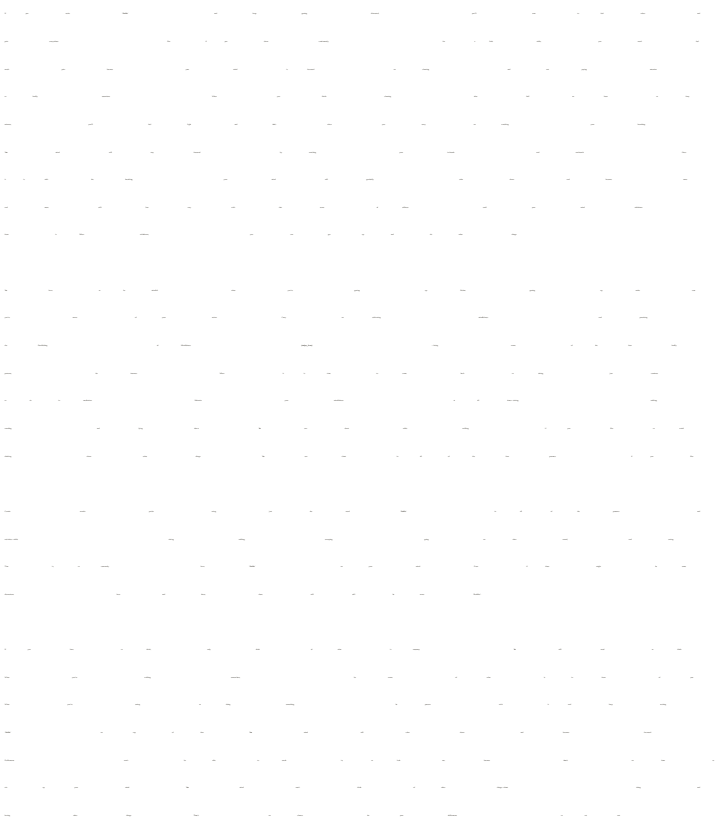
meditation masters when you feel

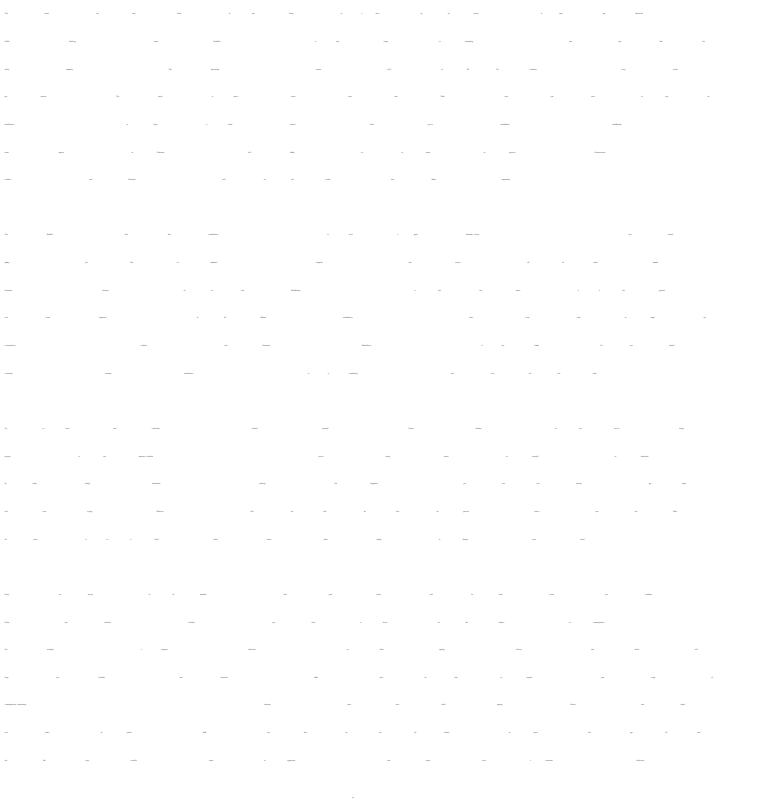
discouraged. They are just like you—

having been ordinary people before



If you have to think, only think of what is necessary. Be still and mind to think. Where you're walking somewhere, for one of us, is to present where you are. That all done is, to is. Don't think about other things to change your mind





the mind can practise in all four

pressure. Heaven, you shoulder's

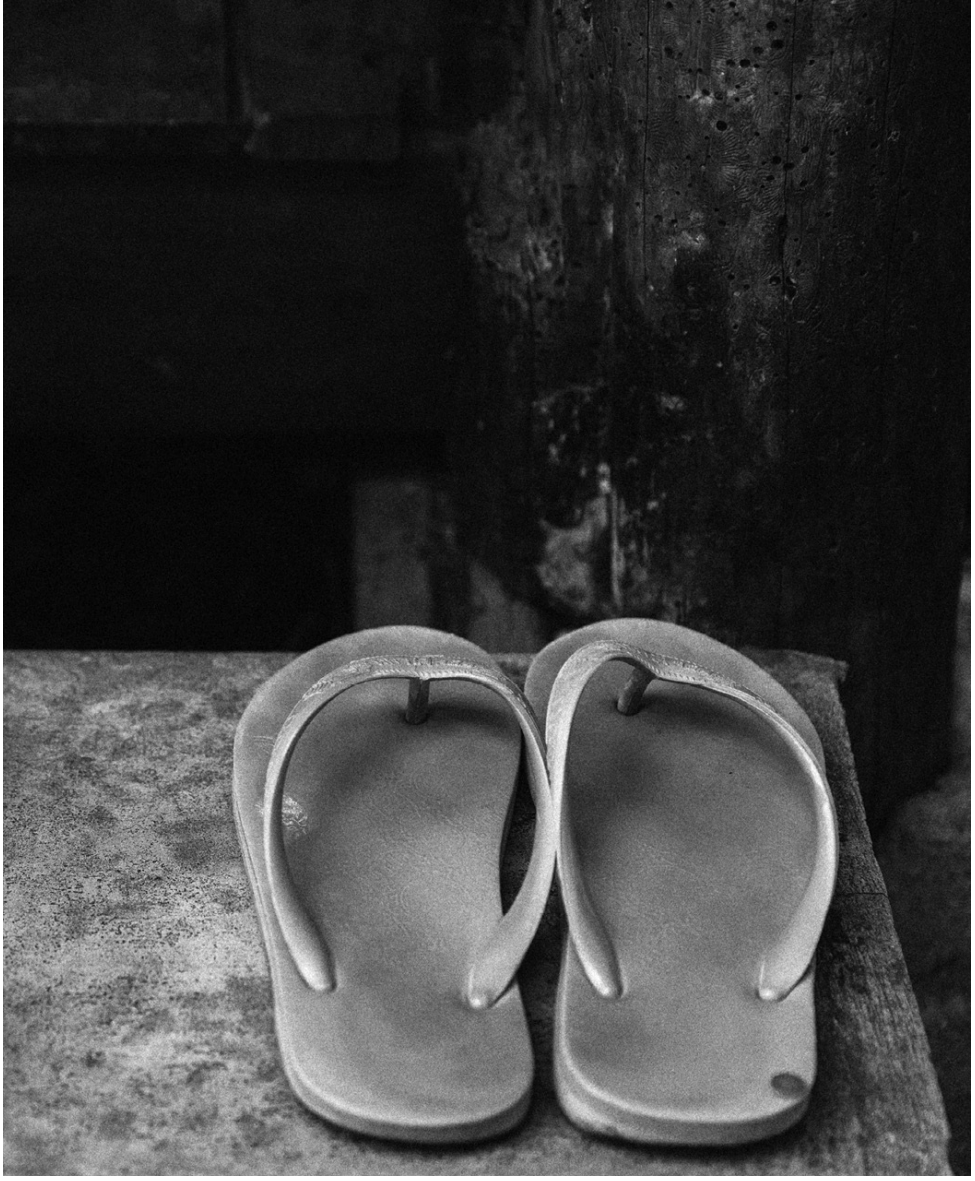
do so while lying down freezer it

is use easy to fall asleep. Handling

walking, and sibling can all be used

for meditation practice.

Be brave to accept your physical pain and suffering. Don't be excessive to show the end result of your mental suffering is your overreaction, fear, and dislike of unpleasant sensations. Be should disconfort, train yourself to appreciate suffering and hardship. Train yourself to from Don't be afraid of it. Be wary all.



In practice in order to compare

physical pushes (Hobbes-value)

taken a lot of time and effort.

A pub will also talk with existing

we pose honor to keep doing it. Don't be

discouraged.

If your practice or meditation is fun,

your concentration will be quiet deep

and can happen in any posture.

like body is constantly subject to

changes from the moment you were

born to this very moment it will also

continue to change until the end of

your life. It is a struggle to

think that your body is you and that

it belongs to you. When it belongs to

it belongs to memory, fear like that owns

and fosters.

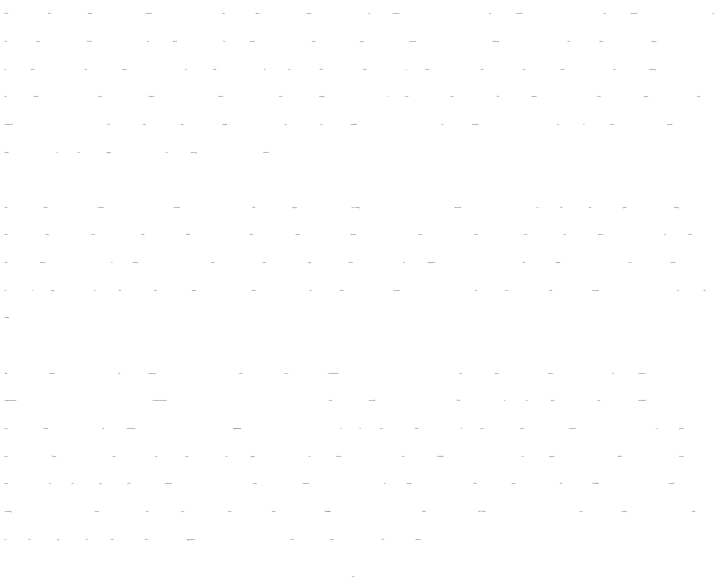
When you no longer hear my work

left in it, you may then wander off in wherever you like... Bar wandering

won't be because of dilution or out of

desire... Be base to complete all of

your worth before having fun.



It for liberated does not require you

to develop your unreasonable a the

source of recollecting past lives.

It easily requires you to cache your

mind enough to remain equanimous

(superbikh.). When you withdraw

from your concentration, you can

readily work on developing wisdom

(vipassana).

Ignorance is delusion, whereas

Dhamma is knowledge, Silk Dhamma,

your thoughts will easily be positive

and good.

The of ignorance come thoughts.

The of thoughts comes consciousness.

The of consciousness come mindfully.

The of mindfully come the sex women.

The of the sex women comes women...eyes sex forms and

ears face sounds, giving the to feelings.

The of contact come feelings.

The of feelings come cravings.

The of cravings comes clinging or attachments...longing.

for the body (form) to face and trying to hang ones to

The of clinging comes becoming...having the old form

positive one to look for and replace it with the new one,

generating the factors for rebirth.

The of becoming comes birth.

The of birth come sufferings.

The more and higher level of illusions

you punish, the more comes pull in.

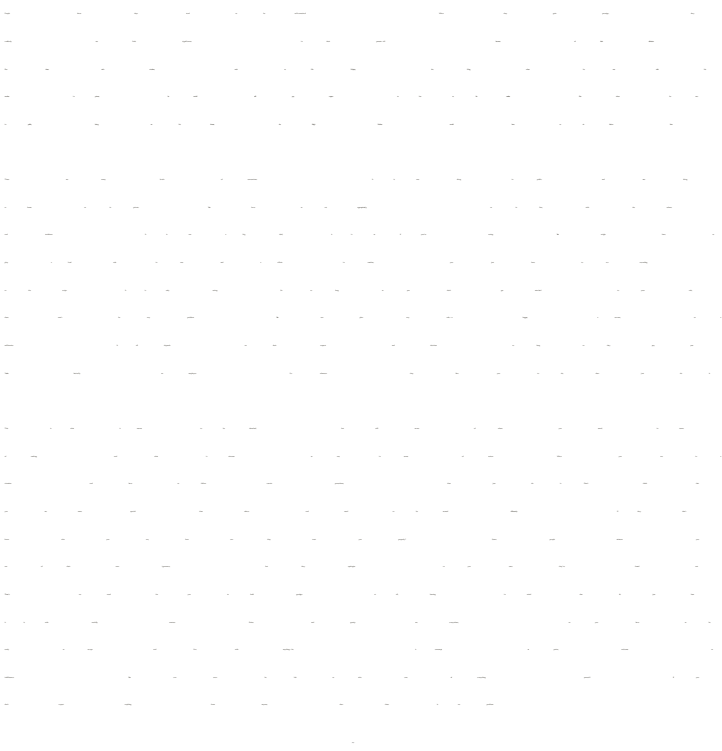
You won't keep for others to

treat you to evasive ways. When you

reach the highest level of illusions,

there won't be any craving and

desire for anything at all.



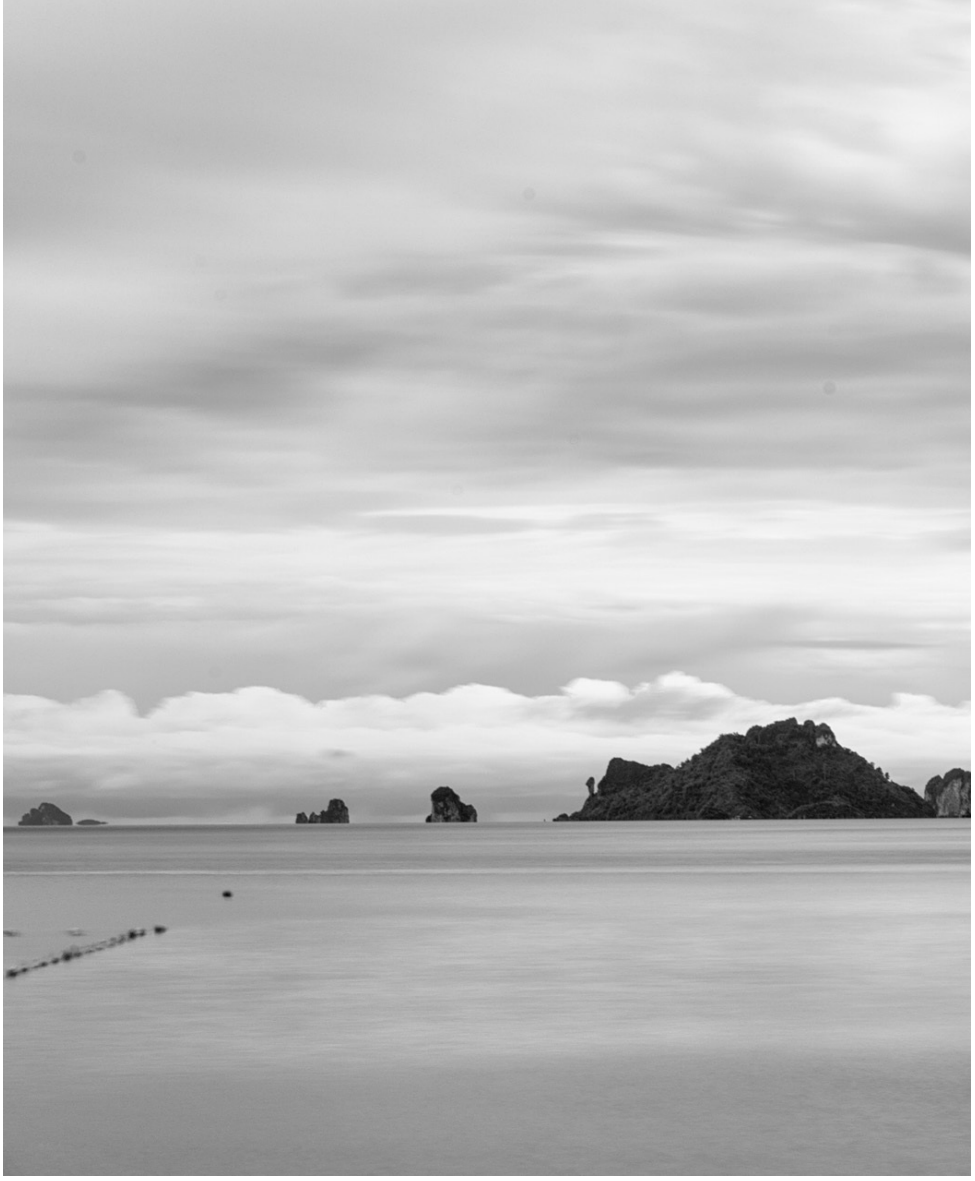
It was only the Buddha who

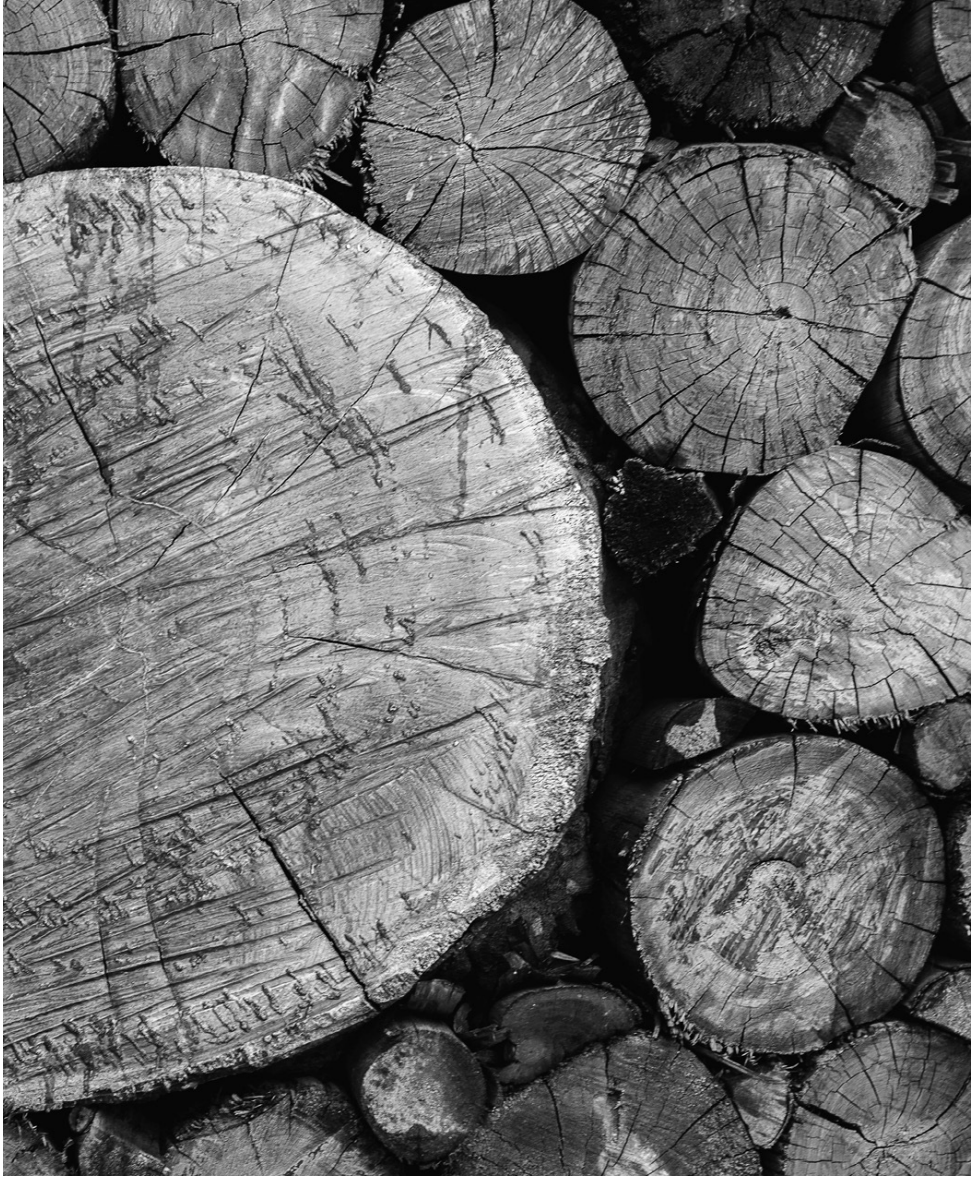
contemplated and investigated

thoroughly both the body and the

mind, the condition final self anywhere

but in one's thoughts.



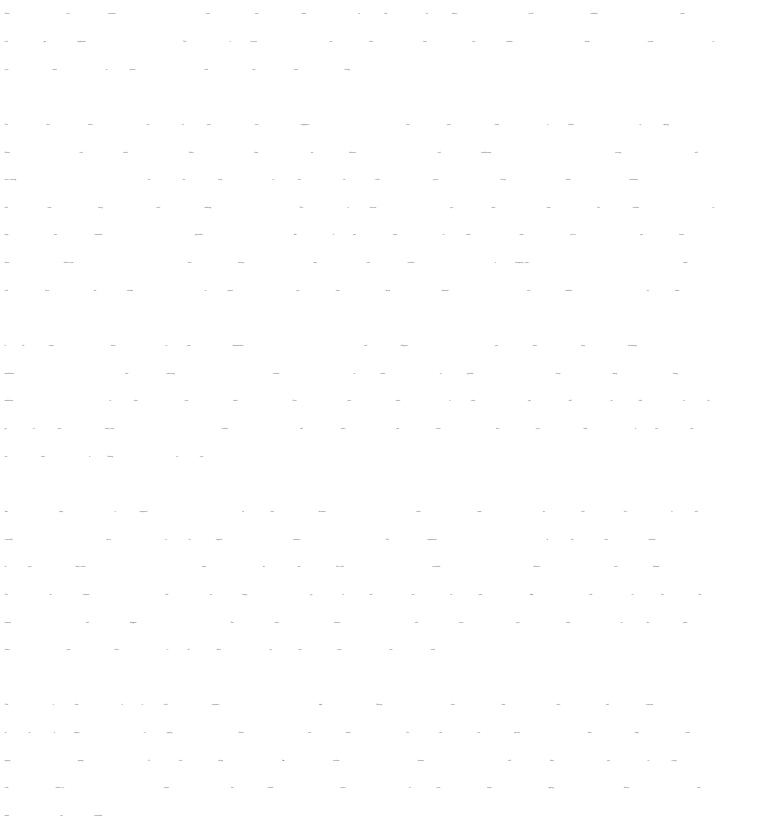


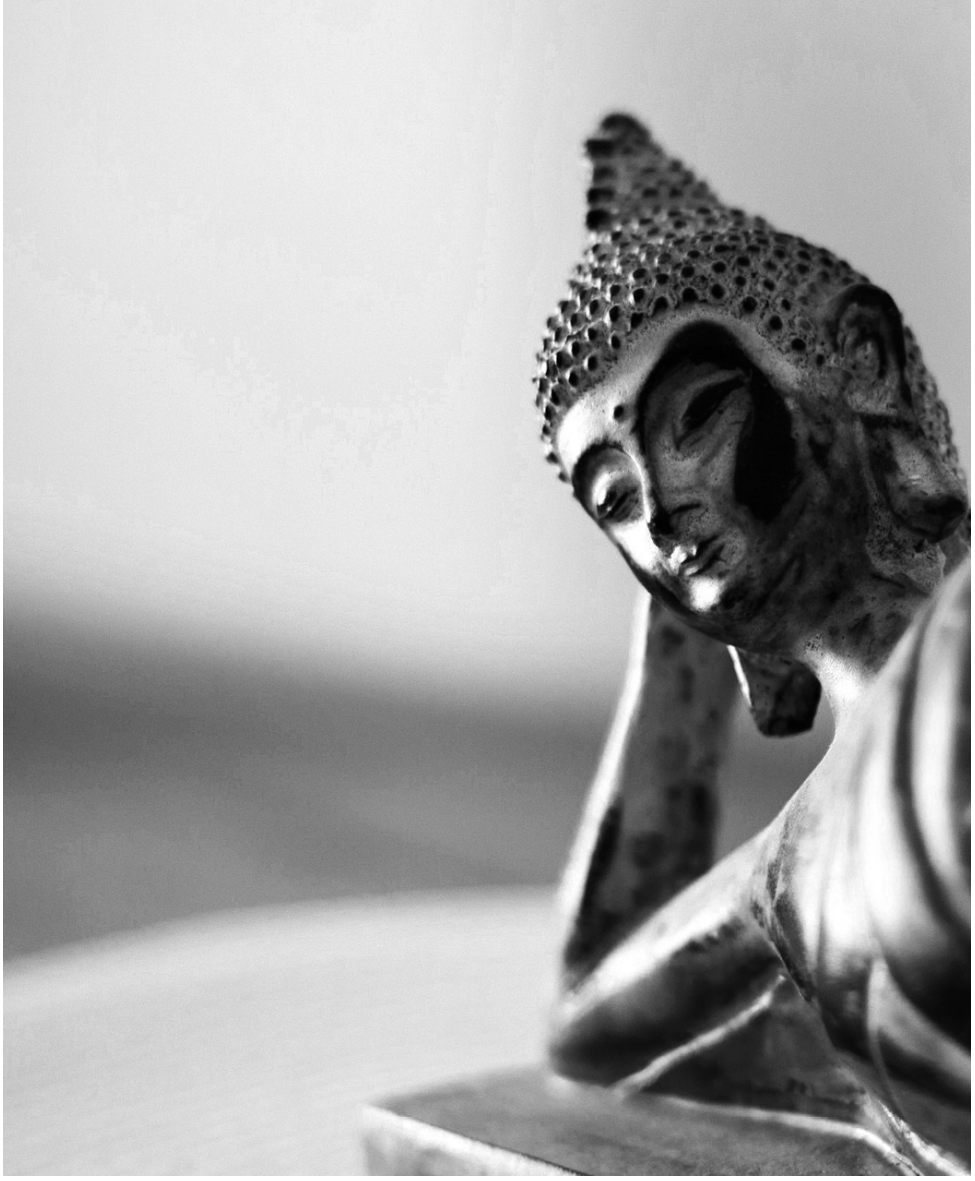
Keep living aware of death.

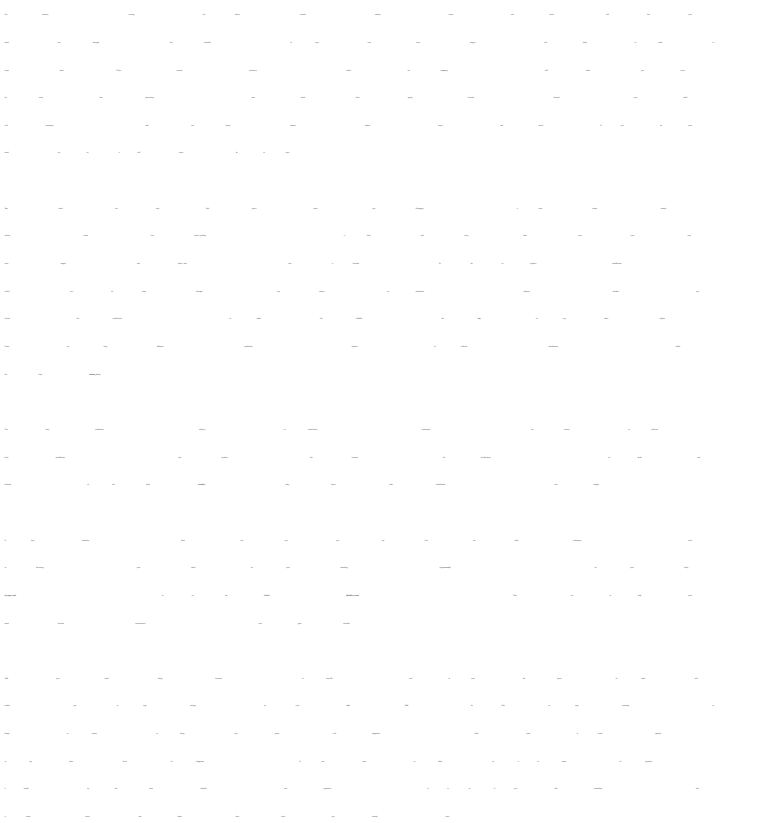
The Buddha: How many times a day do you remind yourself of death, Ananda?

Ananda: Four or five times a day, Venerable Sir—morning, midday, evening, before and after sleep, for example.

The Buddha: Ananda, you are still not steadfast enough. The still short contemplation death enough is enter to Dharma yourself from suffering. If you were to be free from suffering and free of death, you have to meditation of death with every in-breath and out-breath. The still then not that death is, in fact, very quick and sudden. If you inhale but don't exhale, then you're dead. It then not a big on, nor is frightening. With any inhalation without exhalation, you still die, and it's over quickly. It not be to sudden that you are hardly for surprised or even upset that you are constantly mindful of the possibility of death, it still be for very excited in still for four a sooner of breathing in and breathing out.







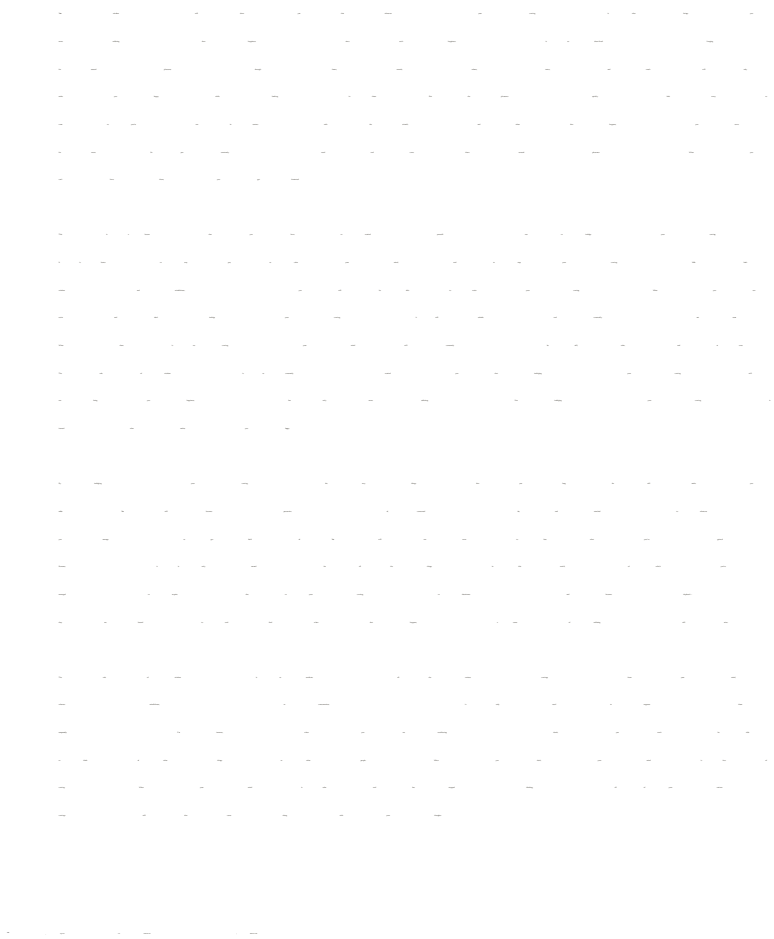
Where your ally, dual in your body comes

on he, you'll need on look for a new one

to for others. Healing lose lines, you'll

then be subject to signing divorce, and

death upon.



if you manage to relieve your effort

every from worldly gains and covetousness

pleasures, and liminal rewards seeking

power of mind through the cultivation

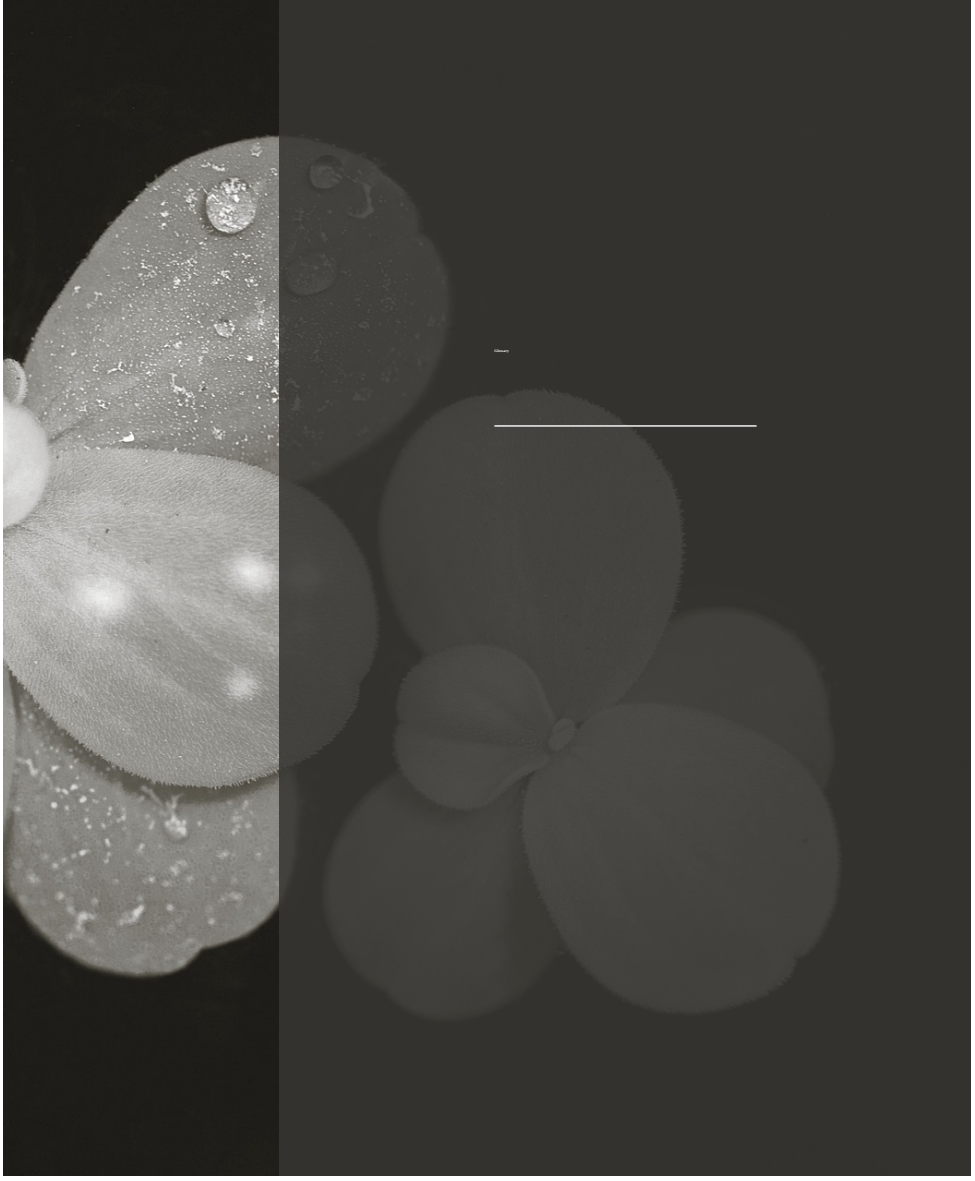
of mindfulness, concentration, and

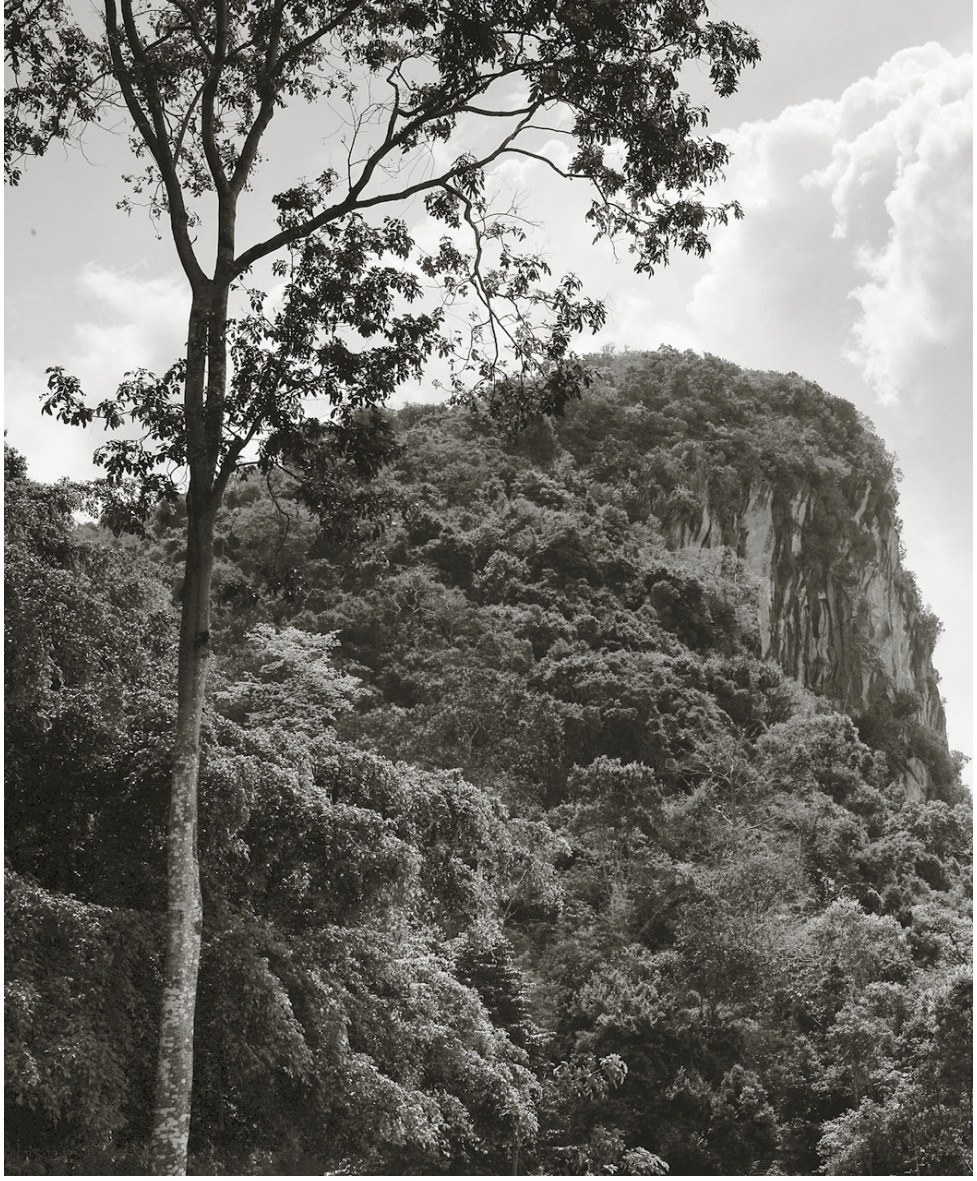
wisdom, you will draw be free from

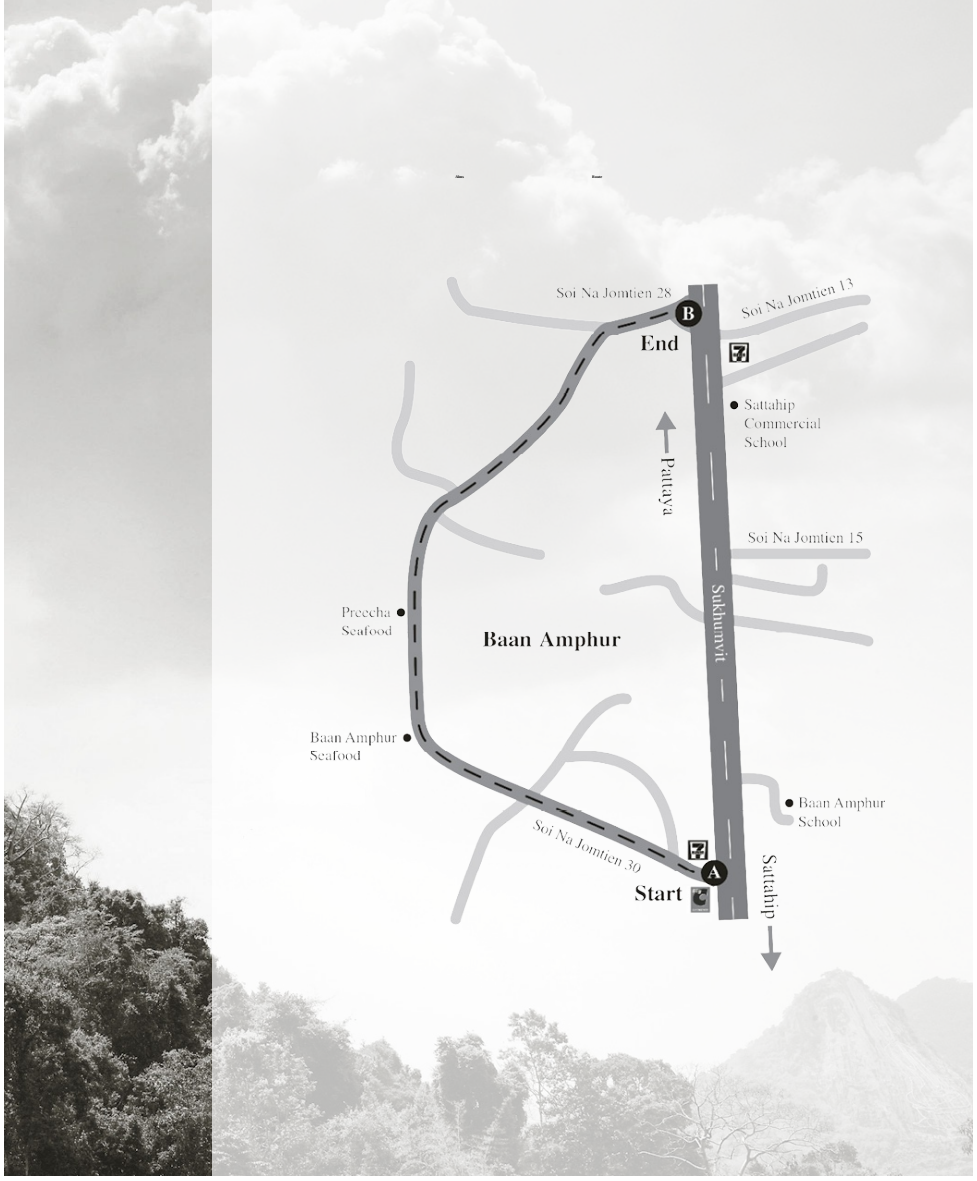
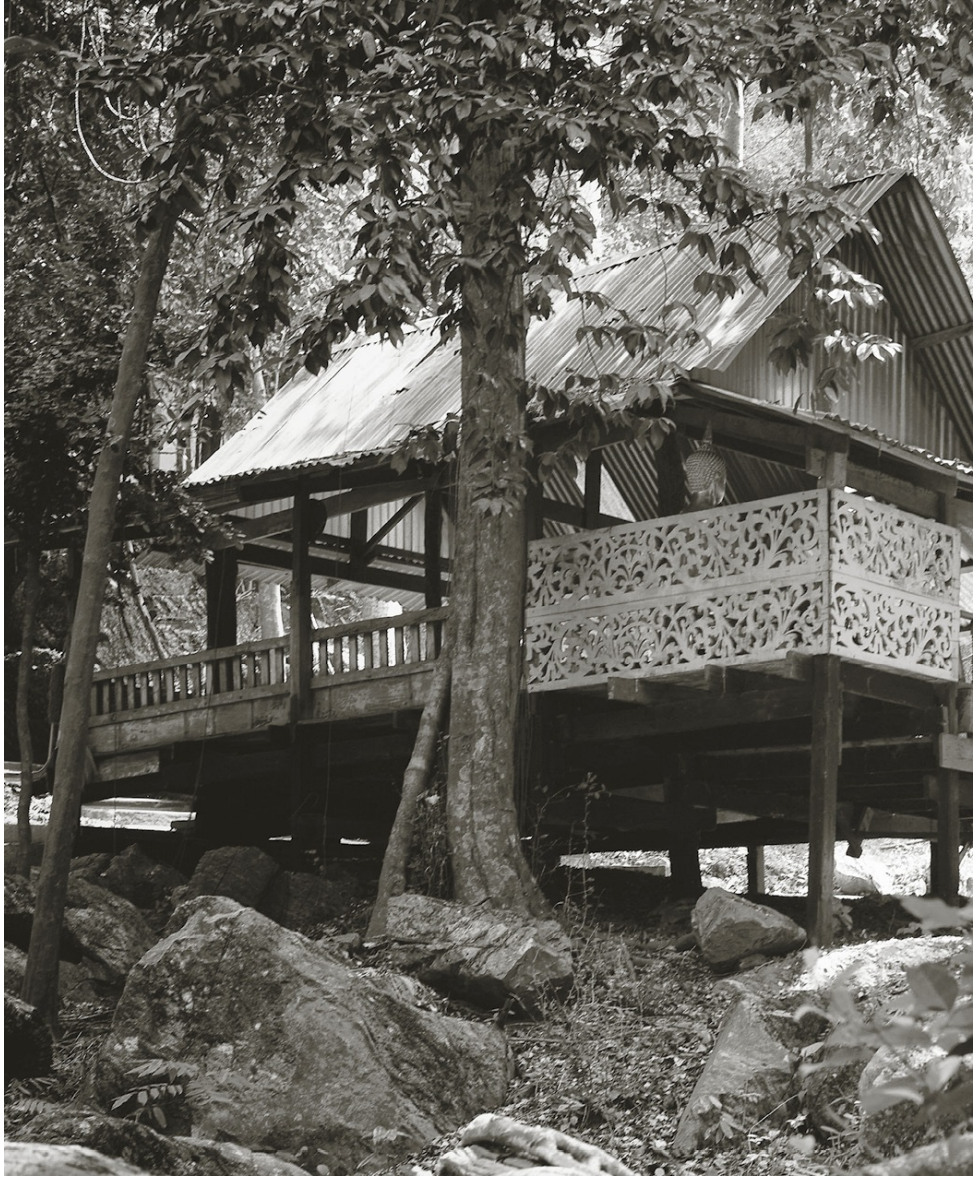
the suffering you will be longer and

to rely on your life and have the

liberation or your religion



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